

(480) 350-5200

See page 4 for Code of Location Abbreviations.

Outdoor Adventure Series 480-350-5200

This evening series is offered to acquaint people with the popular outdoor activities in this area and to expand the abilities of those already active in outdoor programs. Programs will provide a slide show, lecture presentation, and, where possible, hands-on experience. Participants must be 10 years & up.

Outdoor Cooking

All you need is your appetite! Join Maggie McClure, outdoor cooking expert, as she prepares some of her favorite outdoor recipes while demonstrating several easy cooking methods you can use the next time you go camping. Pizza, fruit cobbler, Swiss steak and vegetables, chicken with rice pilaf, and scalloped potatoes are just a few of the delights that Maggie will be cooking and you will be tasting! Fee: Adult \$6; Youth \$3.

OASC-1D T 10/9 7-9 PM PAC

Fat Tire Adventures: A Guide To Arizona Mountain Biking

Become part of the exciting adventure of mountain biking. Arizona has some of the best biking trails in the world and many of them are right here in Tempe and the greater Phoenix area. Join Sage Grossi of Landis Cyclery as she covers topics such as how to get started, basic bicycle maintenance, where to ride, and what to wear. For those who are looking to purchase a bike, Sage will help you to determine what size and style of bike will best suit your needs. You will also get some helpful suggestions on what to look for when buying a used bike. Beginner and Intermediate riders are welcome! Fee: Adult \$6; Youth \$3.

OASC-2D T 10/16 7-9 PM PAC

Basic Backpacking

Fall and winter are wonderful months for outdoor activities, so now is the time to start planning your hikes. You will find out what trails are nearby and how to access them. Learn how to pack a day pack or backpack and which equipment is best suited for desert hiking. Find out what types of footwear might work best for you. Bring a friend and join in the fun. Adult \$6; Youth \$3.

OASC-4D T 10/30 7-9 PM PAC



Paddling Arizona by Kayak

Peter Zwagerman of Permagrin Canoe and Kayaking School will share his experience paddling Arizona's waterways. You will see how a kayak should be packed, which equipment to use and where to paddle for single or multi-day kayak trips. Grab your notebook and a friend for an introduction to paddling Arizona style. Fee: Adult \$6; Youth \$3.

OASC-5D T 11/6 7-9 PM PAC

Kenya Photo Safari

Come along on a photo safari with Phil and Bonnie Guself as they share their adventures in Kenya! This photo and video presentation is a must for anyone who has ever wished to be on Safari (all shooting done with cameras only!) Nairobi, Kenya is the starting point of this great adventure with a trip into the Amboseli National Park famous for its wild game. Lion, elephant, buffalo, leopard and rhino are all residents of the Park. You will tour the Aberdare National Forest noted for its famous big game watering hole. Then on to the town of Nanyki located at the equator and Lake Nakuru. Even if you don't plan to go to Africa anytime soon, the scenery and wild game in this presentation are a must see!

*Please note, this presentation has been scheduled for Wednesday evening. Fee: Adult \$6; Youth \$3.

OASC-6D W 10/10 7-9 PM PAC

Hikes

480-350-5200

All hikers should bring 2 quarts of water, lunch, snack, hat, sunblock, adequate clothes for the weather (raingear), and comfortable hiking boots or shoes. Even good trails are rocky. All participants will meet 15 minutes prior to scheduled time at the Pyle Adult Recreation Center, 655 E. Southern Avenue, on the day of the hike to receive directions to the trailhead; please come prepared to drive and pay park entrance fees. It is customary to reimburse the driver \$.04 per mile if you choose to ride with someone rather than drive yourself.

Sorry, pets are not allowed; working dogs permitted. Register early, hikes limited to 14 participants. Trail access courtesy of U.S. Forest Service.

South Fork Trail

Bordering the expansive Mazatzal Wilderness, this stretch of trail features great views of its precipitous escarpment. After driving for about an hour and a half, we will begin our hike in high desert terrain on an abandoned jeep road but will eventually find ourselves in an interesting canyon under the shade of towering sycamores. Round trip hiking mileage is about 6 miles with a gradual elevation change of about 500 feet. Rated: leisurely. Fee: Adult - \$14; Youth - \$8.

OHK-1D 10yrs+ Sa 11/10 7 AM-3 PM PAC

Oak Flats

Anything but flat, this rolling hike along old four-wheel drive mine sampling roads offers a wonderland of rock spires to wander through. It winds its way along ridges of deeply weathered volcanic tuff and balanced rocks. The area is located above Superior at the top of the Apache Leap Cliffs, which is about an hour from Gilbert. Total hiking mileage is 4-5 miles with a couple of very steep hills. Rated: leisurely. Fee: Adult - \$14; Youth - \$8.

OHK-2D 10+yrs Su 12/9 8 AM-3 PM PAC

Women's Hiking Group

Exercise, energize, revitalize! Enjoy the outdoors and female camaraderie - no kids, no phones! This class will consist of one classroom session, two half-day hikes, and one full day hike. Participants must be in good health. Hikes are easy to moderate. This is a "no stress" class guaranteed to hook you on hiking. Students are responsible for day packs, lunches, and transportation to and from trailheads. Optional car-pooling. Classroom session and hikes will meet at Pyle Adult Recreation Center, 655 E. Southern Ave. Hike dates: Oct. 7 - Squaw Peak Circumference Trail; 8:30-noon; Oct. 14 - South Mountain Alta Trail, 8:30-noon; Oct. 27 - Parson's Springs Cottonwood Trail, 6 AM-5 PM. Fee: \$40.

OHK-3D Adult M 10/1 7-8 PM PAC

Wee Folks Nature Hike

Saturday, Oct. 6, 8-9:30 AM.

See complete description in Activities for Pre-School and Youth.



Outdoor Classes and Workshops

Hunter Safety Certification 480-350-5200

Volunteers from the Arizona Game and Fish Department will instruct this 20-hour course. A 6-hour mandatory Saturday field trip is included, and will be set up by the instructor. Participants must be at least 10 years of age, and families are encouraged to take the class together. Fee: Adult: \$6; Youth: \$3.

ORCL-2D 10yrs+ T&W 9/11-10/3 7-9 PM PAC

In-Line Skating: Beginning & Advanced Beginning

See complete description in Activities for Adults section, p. 35.

Basic Muzzle Loading

Relive the history of the Civil War days as you learn about black powder and the types of rifles that were used during this period of our Country's history. This class will consist of three classroom sessions and one session on the firing range. Our instructors are certified through the National Muzzle Loading Rifle Association and are volunteers with the Arizona Game and Fish Department. All rifles and materials are provided. Please bring your own ear protection (foam earplugs are acceptable) and eye protection to the firing range. Range Date: Saturday, October 6. Instructor will announce the time. Fee: Adult \$10; Youth \$5.

ORCL-3D 10yrs+ M 9/24-10/8 7-9 PM PAC

Rock Climbing and Rappelling

Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Fee: \$45.

ORCL-4D Adult W 10/3-10/17 6:30-9:30 PM ROC

Outdoor Recreation

Garden Series

Fall Is For Planting

Our southwest climate enables us to plant and grow beautiful fall gardens. Seeds, roses, bedding plants, trees and shrubs will enhance your yard. Long-time valley gardener Carol Poe will share all you need to know. Fee: \$10.

ORCL-1D T 10/23 7-9 PM PAC

The Art of Composting

Now is a great time to begin composting. Learn the relationship of composting to soil and soil's relationship to plants, animals, and human health. Fee: \$10.

ORCL-5D T 11/13 7-9 PM PAC

Rowing

480-350-5200

Rowing classes are listed in order of skill progression.

Learn To Row

Are you looking for a full-body workout in a team setting? Learn the basics of rowing while beginning to develop the cardiovascular endurance and muscle strength necessary to row. Safety, boat handling, proper rowing technique, and fitness are stressed in class. Class sessions include both dry land training and on-water training. Participants must have a basic level of fitness, be able to lift and carry 35lbs at shoulder height. A float test will be conducted during the first class (see float test description on page 17.)

No class 11/22. Fee: \$100.

OROW-1D 15yrs+ T/Th 9/4-9/27 5:45-7:45 PM TTL

OROW-2D 15yrs+ T/Th 10/9-11/1 5:45-7:45 PM TTL

OROW-3D 15yrs+ T/Th 11/13-12/11 5:45-7:45 PM TTL

OROW-4D 15yrs+ S/Su 9/8-9/30 9-11 AM TTL

OROW-5D 15yrs+ S/Su 10/13-11/4 9-11 AM TTL

OROW-6D 15yrs+ S/Su 11/17-12/9 9-11 AM TTL

Novice Row

For those who have successfully completed the Learn To Row (or Beginning Rowing Summer session). You will continue to develop basic rowing skills while building strength and endurance. Fee: \$100.

OROW-7D 15yrs+ S/Su 9/8-9/30 7-9 AM TTL

OROW-8D 15yrs+ S/Su 10/13-11/4 7-9 AM TTL

OROW-9D 15yrs+ S/Su 11/17-12/9 7-9 AM TTL

Intermediate Row

For those who have successfully completed Novice Rowing. You will continue to perfect the skills learned in the novice class while beginning to build more cardiovascular endurance and small boat skills. Sculling (rowing with 2 oars) will be introduced. Fee: \$70.

OROW-10D 15yrs+ S/Su 9/8-9/30 5-7 AM TTL

OROW-11D 15yrs+ S/Su 10/13-11/4 5-7 AM TTL

OROW-12D 15yrs+ S/Su 11/17-12/9 5-7 AM TTL

Advanced Rowing

For those who have successfully completed Intermediate Rowing or have one year of competitive rowing in college, high school, or club within the last five years. This class will do more sculling and will build on both sweep and sculling techniques learned in the intermediate class with an emphasis on more advanced blade work and drills. Fee: \$70.

OROW-13D 15yrs+ S/Su 9/8-9/30 5-7 AM TTL

OROW-14D 15yrs+ S/Su 10/13-11/4 5-7 AM TTL

OROW-15D 15yrs+ S/Su 11/17-12/9 5-7 AM TTL

Fitness Rowing

For those who have successfully completed the advanced class or have at least one year of high school, college or club rowing. Fitness rowing will be facilitated with instructional workouts both on and off of the water. Some emphasis will be placed on technique. This class is for those who would like to row for fitness only, *No class 9/3, 11/12 & 11/23. Fee: \$100.

OROW-16D 15yrs+ M/W/F 9/5-10/26 5:45-7:45 PM TTL

OROW-17D 15yrs+ M/W/F 10/29-12/21 5:45-7:45 PM TTL

Sculling Level 1

For those who have successfully completed the advanced class or have at least one year of high school, college or club rowing. Learn the fine art of sculling (oaring with two oars) with an emphasis on safety, proper boat handling, and boat etiquette. This class will provide you with the necessary skills to continue to improve in your endeavors to succeed in the sport of rowing. *No class 11/22 Fee: \$82.

OROW-19D 15yrs+ T/Th 9/4-9/27 5:45-7:45 PM TTL

OROW-20D 15yrs+ T/Th 10/9-11/1 5:45-7:45 PM TTL

OROW-21D 15yrs+ T/Th 11/13-12/11 5:45-7:45 PM TTL



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Sculling Level 2

For those who have successfully completed Sculling Level 1. You will continue to learn the skills of sculling, while improving strength and endurance. *No class 9/3, 11/12, 11/23. Fee: \$102.

OROW-22D 15yrs+ M/W/F 9/5-10/1 5:45-7:45 PM TTL
OROW-23D 15yrs+ M/W/F 10/8-11/2 5:45-7:45 PM TTL
OROW-24D 15yrs+ M/W/F 11/14-12/10 5:45-7:45 PM TTL

Masters Rowing

For those who have successfully completed the advanced class. This class is geared toward the competitive rower; you will continue to build upon the advanced skills. Regular attendance is encouraged. *No class 9/3, 11/12 & 11/23. Note: OROW-25D begins on a Wednesday. Fee: \$100.

OROW-25D 15yrs+ M/W/F 9/5-10/26 5-7 AM TTL
OROW-26D 15yrs+ M/W/F 10/29-12/21 5-7 AM TTL

Junior Crew

This program is geared toward competitive rowing. Regular attendance is expected and a basic fitness level is required. Novice rowers must be in attendance at the first class. If you are looking for a full-body workout in a team setting this is the class for you. Learn the basics of rowing while developing cardiovascular endurance and muscle strength. Safety, boat handling, proper rowing techniques and fitness are stressed in class. Class sessions will include dry land training as well as on-water workouts. Stretching, running, circuit calisthenics, and rowing machine work are all a part of your training. To qualify for class you must be 14 years of age or over on or before the first day of class. You must successfully complete a float test during the first day of class. (See float test description below.)

*No class 9/3, 11/12, 11/22 & 11/23. *Please note, first day of class is a Wednesday. Fee: Novice: \$60; Varisty: \$80.

>> Junior Novice

OROW-27D 14yrs+ T/Th 9/4-10/25 3:45-6 PM TTL
OROW-28D 14yrs+ T/Th 10/30-12/20 3:45-6 PM TTL

>> Junior Varsity

Must have successfully completed Junior Novice.
OROW-29D 14yrs+ M/W/F 9/5-10/26 3:45-6 PM TTL
OROW-30D 14yrs+ M/W/F 10/29-12/21 3:45-6 PM TTL

ABOUT THE FLOAT TEST

Every participant in the rowing program must complete a float test prior to the first on-water class session. Float tests are generally conducted the first day of class within the time frame of the class. Participants will receive float test information when they register. The float test is valid for three years. You will be asked to float, tread water, or swim in place for 10 minutes in deep water while wearing shorts and long sleeve shirt (no sweats, please).

Boating Safety Course

480-350-5201

Conducted by the Arizona Game and Fish Department, this eight-hour course is geared towards novice and experienced boaters. This class is your passport to the open waterways. The course includes the latest in boating regulation, handling boating accidents, code violations, navigation, weather, and trailing water craft. Fee: \$5.

KBS1-1D M/W 10/15-10/17 6-10 PM KRC

Kayak Beginning

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Ever wanted to learn to roll a kayak? Permagrin Canoe and Kayak School's classes are designed for beginners interested in learning how to paddle and roll kayaks. This 14 hour class will teach you how to fit and select equipment, basic strokes, wet exits, bow rescues, Eskimo rolls, and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and sunscreen and be prepared for fun! Kayaks, equipment, and life vests provided. Fee: \$170.

OPAD-3D 18yrs+ W/F 9/12-9/21 6-10 PM PCKS
OPAD-4D 18yrs+ S/Su 9/22-9/30 2-6 PM PCKS

Touring Kayak Sampler

480-350-5200

Discover the freedom water can offer you by paddling a kayak. This kayak clinic gives you the opportunity to acquaint yourself with the equipment and technique of paddling. We will cover basic equipment and fundamental boat handling skills. Samplers are a great way to experience the sport of paddling without committing to a lot of time and money. Kayaks, life vests, and paddles provided. Fee: \$35.

OPAD-5D 16+yrs Sa 11/3 2-5 PM KIL
OPAD-6D 16+yrs Sa 11/17 2-5 PM KIL
OPAD-7D 16+yrs Sa 12/8 2-5 PM KIL

Kayaking I -

Just Beginning to Get Wet

480-350-5201

A seminar spent learning about river and pool safety, kayaking equipment, and paddling. You will learn how to select equipment, enter and "roll exit" the kayak, basic stroke techniques, and the Eskimo rescue. This 4-hour class consists of classroom time and pool time. Fee: \$55.

KAY1-1D F 10/12 6-10 PM KRC
KAY1-2D F 11/2 5-9 PM KRC



Kayaking II - The Eskimo Roll

480-350-5201

Upon completion of the beginning class, you may want to continue on with the Eskimo Roll class. This level of instruction spends time reviewing basic stroke, learning advanced strokes, coordinating Eskimo rescues, and developing your Eskimo roll. This class meets in the pool, so be sure to bring your nose plug and/or goggles. Fee: \$55.

KAY2-1D Sa 10/13 5-9 PM KRC
KAY2-2D Sa 11/3 5-9 PM KRC



Kayak & Canoe Demo Day at Kiwanis Lake - November 10

Have you ever paddled a canoe or kayak? Join Desert Paddler's Club and Permagrin Canoe and Kayak school from 10 am- 3 pm at Kiwanis Lake as they show you the latest in Canoe and Kayak equipment including new designs from We No Nah, Prijon, and Dagger. Club members will be on hand to answer questions, lead clinics and provide demos for adults and children age 12 and up. Whether you are a beginner or a seasoned veteran, you deserve a good paddling! Join us at Kiwanis Lake on November 10. *Children under the age of 18 need to be accompanied by a parent or guardian. Fee: None.

Kayaking III - River Prep

480-350-5201

This class will prepare you for the river experience. You will learn about basic river signals, setting ferry angles, and eddy hopping, as well as practice basic strokes, Eskimo rescues, rolling and advanced strokes. Fee: \$55.

KAY3-1D Su 10/14 5-9 PM KRC
KAY3-2D Su 11/4 5-9 PM KRC

Kayaking IV - Moving Water Class

480-350-5201

After completion of the water portion of your kayaking classes, you are ready for the moving water class. The class will check equipment, warm-up, focus on Eskimo rescues and rolls, and surf kayaks on the waves generated in the pool. Basic moving water skills and wave surfing are put into practice. Fee: \$80.

KAY4-1D Su 10/28 5-9 PM KRC
KAY4-2D Su 11/11 5-9 PM KRC

Kayaking V - Ride the Waves

480-350-5201

This class is designed for the kayaker who needs practice or just a good workout. You must have completed Level IV or have instructor permission to enroll. Fee: \$25.

KAY5-1D F 10/19 6:30-8:30 PM KRC
KAY5-2D Su 10/28 2-4 PM KRC
KAY5-3D F 11/9 6:30-8:30 PM KRC
KAY5-4D Su 11/18 6:30-8:30 PM KRC